



# ANNUAL REPORT 2023-24



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# ABOUT US

Brahm Centre, a registered charity with Institution of a Public Character (IPC) status, has been a leading provider of mindfulness-based programs in Singapore since 2012. Our mission is to promote happier, healthier living through science-based interventions. We work closely with community partners, healthcare institutions, and government agencies, including the Agency for Integrated Care (AIC) and the Ministry of Health (MOH), to deliver comprehensive support to more than 50,000 people comprising youth, families, and seniors.

## Our Mission

To promote happier and healthier living

## Our Vision

To empower individuals to create their own happiness

## Our Core Values

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### Gratitude

To be grateful and appreciate even the little things in life

**G**

---

**E**

### Empathy

To show care and concern without judgement

**M**

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### Mindfulness

To be authentic and mindful with our responses to every situation

---

**R**

### Respect

To value people's individual differences

---

### Openness

To listen deeply and explore new possibilities

**O**

---

**C**

### Compassion

To be understanding towards the challenges and constraints of others

---

### Kindness

To do no harm to others

**K**



# PATRON'S MESSAGE

## Prof. Choo Chiau Beng

Over the years, I have been impressed by Brahm Centre's efforts in identifying the service gaps in the community, evolving its offerings and venturing into new areas to meet the needs of the vulnerable. The launch of the Omega program to support the Burmese and South Indian Migrant Domestic Workers (MDWs) is a testament of this. Its outreach has resulted in the signing up of more than 18,000 MDWs.

In November 2024, the Youth Centre is also evolving to become the Parenting and Youth Retreat Centre to provide a more holistic approach in supporting youths, as parental well-being is key to the youths' well-being.

I would like to thank the Chairperson and Board members in ensuring robust governance to uphold the trust of our grant-makers, donors, and partners. Their dedication to upholding the highest standards of transparency and accountability strengthens the foundation upon which Brahm Centre's impactful work is built.

I would like to express deep gratitude to the Chairperson, Ms. Chen Yew Nah, for her 10 years of service on the board, and I look forward to her continuing support.

I am confident that Brahm Centre will continue to expand its reach, empowering individuals and communities to embrace healthier, happier lives. Together, let us strive to leave an enduring legacy of hope and well-being for generations to come.

Thank you to each one of you who have journeyed with us, and may you continue to benefit from our programs, services, and collaboration!



# CHAIRPERSON'S MESSAGE

**Ms. Chen Yew Nah**

On behalf of the Board, I would like to thank the management team and staff of Brahm Centre for their outstanding work in expanding their programs and services to reach out to over 44,000 people across all ages and demographics.

Our mindfulness initiatives, delivered in collaboration with Harvard Medical School's faculty in psychology, Dr. Ronald Siegel, Dr. Christopher Willard, and Dr. Sara Lazar, further deepened our intervention work in the mental health space. The scientific and practical value of mindfulness in improving well-being and building resilience across our population has proven effective, with interest growing significantly year on year.

The collaboration with Oxford Mindfulness Centre in offering Mindfulness Based Cognitive Therapy (MBCT) Course teacher training enhances our teaching capability and capacity, enabling us to address the growing mental health concerns, particularly among youth.

None of these would have been possible without the unwavering support of AIC, MOH, National Council of Social Services (NCSS), donors, and partners.

I am also grateful to our Patron, Mr. Choo Chiau Beng, for his steadfast support and vision. Special thanks go to my fellow board members for their dedication, wisdom, and invaluable contributions in steering the Centre toward greater success. It has been an honor to serve alongside them over the past 10 years. In accordance with the Commissioner of Charities' board term guidelines, I will be stepping down and passing the chairmanship to Dr. Tan Geok Leng.

I would like to express my heartfelt thanks for the privilege of being part of this visionary and dynamic mental health agency. I will continue to champion the Centre's mission and offer my support wherever needed.

All the best to Brahm Centre and its stakeholders!



# CEO'S REPORT

**A/Prof. Angie Chew**

As I reflect on this past year, I am filled with immense pride and gratitude for all that Brahm Centre has accomplished. This has been a year of growth, innovation, and impact, as we expanded our reach and deepened our commitment to promoting mental wellness and building a more compassionate community.

This year, Brahm Centre achieved remarkable milestones across multiple domains:

## INTERGENERATIONAL EXPERIENCE

We took in a total of 73 students as interns, providing them with valuable exposure to the mental health sector. The interns acquired essential skills in interacting with seniors, while also benefiting from opportunities to learn mindfulness techniques to manage stress and anxiety. In turn, the seniors benefitted from the interns' enthusiasm, enjoying meaningful engagement and befriending. A selected number of interns also had the opportunity to experience hospital attachments, providing them with firsthand exposure to nursing and pharmacy careers. We are very grateful to Bank of America for sponsoring the interns' allowances, as well as for our partnerships with Ng Teng Fong General Hospital, Tan Tock Seng Hospital, and Singapore General Hospital.

We plan on increasing the number of internships in the next financial year to provide more students with opportunities to gain invaluable experience.



**INTERNS**

**73**

**INCREASE  
YEAR ON YEAR**

**50%**



**SENIORS**

**4,385**



# CEO'S REPORT

contd ..

## MINDFULNESS

Our mindfulness courses remain highly sought after, setting Brahm Centre apart as a distinctive social service agency in the mental health sector. Our evidence-based programs have demonstrated effectiveness as a complement to psychotherapy and medication, helping to alleviate anxiety, reduce depression, and improve overall well-being. Our mindfulness programs, encompassing workshops, courses, and retreats, attracted over 11,000 participants.

The following highlights the well-being improvements reported by participants of three- or five-day retreats, as measured through pre- and post-retreat surveys using the Harvard Well-Being Survey questionnaires.



**11,832**

**MINDFULNESS  
PROGRAM  
ATTENDANCE**

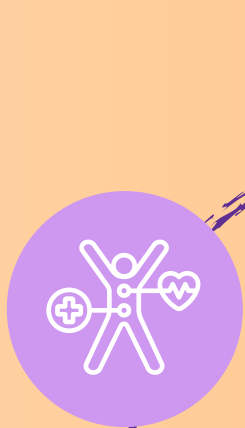
### EMOTIONAL HEALTH

**42.3%** **10.6%**

INCREASE IN  
HAPPINESS

DECREASE IN  
DEPRESSIVE SYMPTOMS

**PHYSICAL  
HEALTH**  
**10.6%**  
INCREASE IN  
EXPECTATIONS OF  
MAINTAINING  
GOOD HEALTH



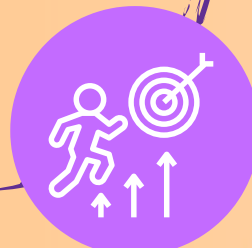
**SOCIAL  
CONNECTEDNESS**  
**21.2%**  
INCREASE IN  
COMMUNITY  
CONNECTION



**CHARACTER  
STRENGTHS**  
**21.1%**  
INCREASE IN  
KNOWING THE  
RIGHT THING TO DO



**PURPOSE**  
**17.7%**  
INCREASE IN  
CLEARER  
LIFE PURPOSE



## MINDFULNESS FOR CORPORATES

We have observed a significant increase in organizations adopting mindfulness programs to enhance employee well-being. This highlights the need for a dedicated strategy to meet the growing demand.

In the past year, we conducted 99 workshops, engaging 8,675 participants. Key highlights include keynote sessions at the Singapore Police Force's Wellness in Policing Festival and customized workshops for organizations such as KPMG and the Ministry of Home Affairs. These sessions empowered employees to manage stress more effectively, enhancing focus, productivity, and harmony at work.



99

WORKSHOPS



8,675

PARTICIPANTS

## TRAINING NEW MINDFULNESS TEACHERS

Over the past decade, we have trained only three additional teachers whom we consider highly competent in upholding the highest standards, ensuring no harm is caused and contributing meaningfully to participants' well-being. As a non-profit organization, we are uniquely positioned to prioritize the quality of care over revenue generation.

With the rising demand for mindfulness courses, expanding our pool of mindfulness teachers has become imperative. It is equally critical to ensure that new instructors are thoroughly certified and competent before leading classes.

To address this need, in June 2024, Brahm Centre collaborated with the Oxford Mindfulness Foundation, UK, to provide on-site training for essential modules, complemented by a year-long series of online workshops, aimed at training 24 MBCT course teachers.





# CEO'S REPORT

contd . .



## ART PROGRAM ATTENDANCE

3,345



## MIGRANT DOMESTIC WORKERS

> 16,000



## YOUTHS & PARENTS

461

## ART PROGRAMS

We now offer 28 types of art courses for seniors, consistently filling classes across all our centers. With support from the National Silver Academy (NSA), these courses are highly affordable for seniors, enriching their sense of fun, creativity, and fulfillment.

## OMEGA PROGRAM

The Omega Program supports Burmese and Indian subcontinent MDWs in Singapore, providing them with counselling and weekly sessions to enhance their skills in language, cooking, sewing, housekeeping, and more. Participants also enjoy enriching excursions to places such as the National Gallery, museums, and Bird Paradise.

Launched in 2023, the program has registered over 16,000 MDWs, with an activity attendance of more than 1,400. Funding for this initiative has been generously provided by AIC and Bank of America.

Bank of America's team, who volunteered their time and effort to support this program, was honored with the prestigious Global Award, chosen from over 3,000 submissions worldwide.

## YOUTH PROGRAM

Brahm Centre is committed to fostering mental wellness among youths through holistic programs designed to support both youths and their parents, recognizing the critical role parents play in their children's growth and development. The Youth Centre at Newton has been transformed into a Parents and Youth Retreat Space, providing a nurturing environment for families.

In collaboration with KK Hospital, we have introduced joint programs, including the Body Project, aimed at preventing eating disorders among adolescents. Additionally, Brahm Centre is a proud partner in the establishment of the Integrated Wellness Centre at \*SCAPE, set to open in March 2025, further expanding our efforts to support youth mental health.

These achievements have been made possible through the dedication of our staff, the unwavering support of the board, AIC, MOH, and NCSS, and the generosity of so many. My heartfelt thanks go to my colleagues and volunteers for their tireless efforts and passion. I am especially grateful to Ms. Chen Yew Nah for her strategic guidance during her decade of board service.

I would also like to extend my deepest gratitude to our Patron, Prof. Choo Chiau Beng, and our board members for their steadfast support, as well as our grant-makers—MOH, AIC, the Council for Third Age (C3A), Bank of America—and our donors, particularly Mr. Albert Toh, Mr. Frankle Widjaja, Mr. Jason Tan, Mr. William Chua, and Mr. Arthur Chua, for their invaluable contributions.

# Our Board of Directors



**Ms Chen Yew Nah**

*Chairperson, Board  
HR Committee, Audit & Risk Committee*



**Dr Jerome Goh**

*Vice Chairperson, HR Committee*



**Mr Chong Nai Min**

*Chairperson, Audit & Risk Committee*



**Dr Lee Cheng Chuan**

*Chairperson, HR Committee*



**Ms Luar Ling Ling**

*Treasurer (until 1 Apr 2024)  
Finance Committee, HR Committee*



**Mr Dileep Nair**

*Treasurer (from 2 Apr 2024)  
Finance Committee*



**Dr Phua Dong Haur**



**Dr Tan Geok Leng**

*Audit & Risk Committee*



**Mrs Tan-Huang Shuo Mei**

*Human Resources Committee*



**Dr Irene Tirtajana**



**Ms Yap Su-Yin**

*Finance Committee*

Our

# Patron & Distinguished Advisors



**Prof Choo Chiau Beng**  
*Patron*



**Prof Foo Keong Tatt**



**Adj Prof Chua Hong Choon**



**Dr Christopher Cheok**



**Dr Daniel Fung**



**Tina Hung**



**Mr Tan Siak Hee**  
*Legal*

# Our Key Partners & Sponsors

We are grateful for the generous support of our partners and sponsors, who make it possible for Brahm Centre to promote mental wellness and healthy living through health talks, mindfulness seminars and courses, and active-ageing programs.

## COMMUNITY PARTNERS



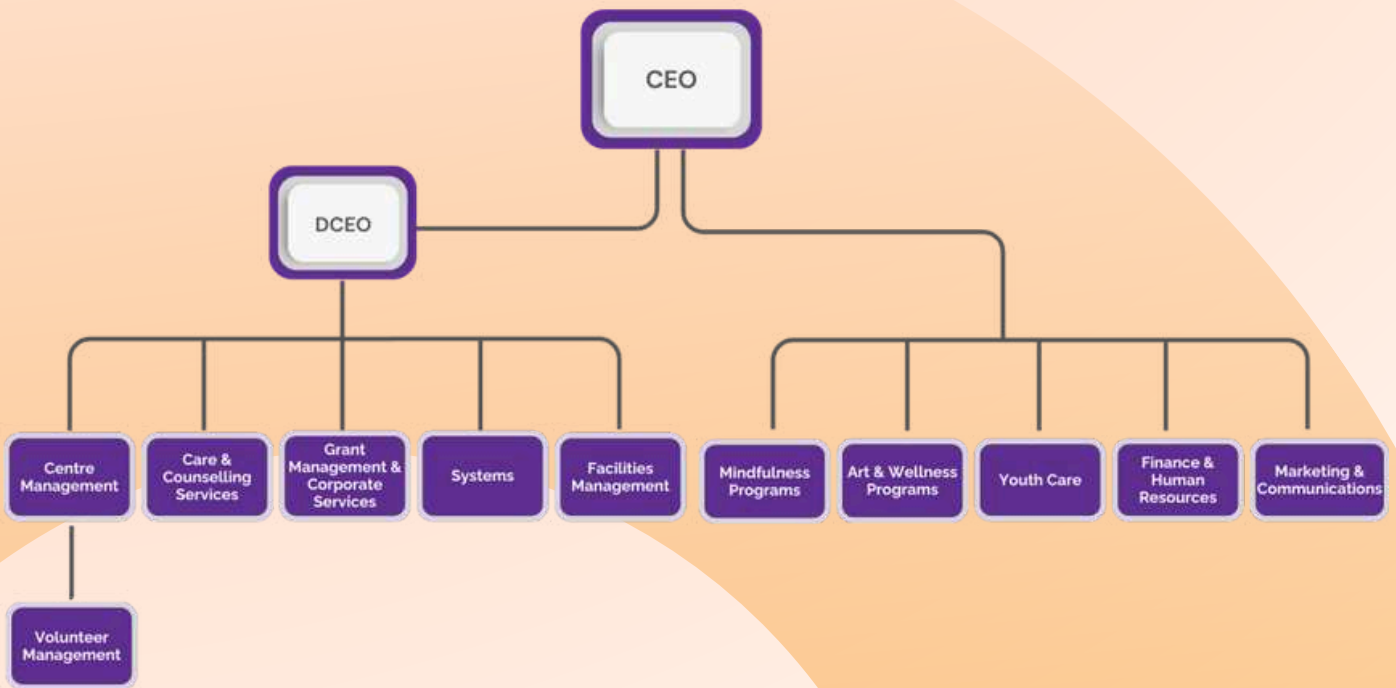
## CORPORATE SPONSORS





Our

# Management Team & Organisation



# Our MILESTONES



# Our TEAM



# Our TEAMS



**Brahm Centre @  
MacPherson**  
Active Ageing Centre + CREST  
Program



**Brahm Centre @ Newton**

# Our TEAMS



**Brahm Centre @ Simei**  
Active Ageing Centre  
+ CREST & COMIT Programs



**Brahm Centre @ Tampines**  
CREST & COMIT Programs



Our

# SOCIAL MEDIA PRESENCE

## SOCIAL MEDIA FOLLOWERS



brahmcentre.com

16K



@BrahmCentre

11K



@brahmcentresg

1,801



@brahmcentreyouth

360



@brahmcentresg

9.46K

## VOLUNTEERS



285  
ACTIVE  
VOLUNTEERS



# Volunteering

Volunteering at Brahm Centre is pivotal in advancing our mission to promote mental well-being and healthy living within the community. Our volunteers come from diverse backgrounds, including students, working professionals, retirees, and homemakers. This intergenerational mix creates an inclusive environment that benefits both the community and the volunteers.

At Brahm Centre, volunteers are actively involved in organizing and facilitating workshops on mindfulness, health management, and arts and crafts, handling everything from setup to managing registrations. These workshops equip participants with valuable skills while fostering a space for connection and support. Volunteers also participate in community outreach, engaging with residents to raise awareness of Brahm Centre's services and extending help to those in need. Their presence helps build trust and bridge gaps between Brahm Centre and the wider community.

In addition to hands-on roles, volunteers support the Centre's daily operations through essential administrative tasks, such as data entry, filing, and client communications. During special events and festivals, their contributions become even more visible as they coordinate logistics, manage vendor relations, and ensure smooth event flow.

The impact of volunteering extends beyond immediate benefits. For volunteers, the experience often fosters a strong sense of purpose and fulfillment. Many describe it as a way to stay engaged, particularly in later years. The intergenerational connections among volunteers create meaningful bonds that bridge different life stages, enriching both younger and older team members. Volunteering not only deepens ties to the community but also enables individuals to gain new skills and insights into mental health and social support systems.

# Volunteering Testimonials

Volunteerism at Brahm Centre has had a profound impact on both the volunteers and the beneficiaries, creating a supportive environment where meaningful connections thrive. These personal stories underscore the essential role volunteers play in helping Brahm Centre thrive. Their dedication contributes to the well-being of the community and creates enriching experiences for all involved.

At Brahm Centre @ MacPherson, long-time volunteers like Mdm Ler Sai Gek (in the photo on the right), who has dedicated three years to visiting elderly residents, find their experiences incredibly rewarding. Mdm Ler describes her time spent with neighbourhood seniors as deeply fulfilling.



Rosalind Tan Mio Lang (in red shirt) finds great satisfaction in witnessing the positive changes in those she supports.



At Brahm Centre @ Simei, volunteer journeys similarly highlight the power of community engagement.

Mr. Sim, who initially joined the centre's activities to cope with the loss of his wife, found new purpose as a befriender. Through his involvement, he forged connections with others facing similar struggles, discovering that in supporting others, he was also healing himself.

Mdm Serene Chow's experience demonstrates the impact of genuine connections on well-being. Her efforts in organizing wellness events, game sessions, and social gatherings brought joy and activity to the seniors while reinforcing a sense of family among volunteers.



# Our PROGRAMS

## MINDFULNESS



## COMMUNITY CARE



## YOUTH CARE



# Mindfulness

At Brahm Centre, mindfulness remains the foundation of our mission to promote mental health and overall well-being. We have expanded our mindfulness offerings over the past year to ensure accessibility and impact across diverse groups. These programs are designed for individuals, corporations, and communities, integrating mindfulness into daily life.

## Our Core Courses

Our flagship courses continue to support individuals on their mindfulness journey to enhance their well-being and improve relationships:

- **Mindfulness Foundation Course (MFC)** is an introductory 4-session course to mindfulness, learning about the mind-body connections, cultivation of mindfulness foundational attitudes and basic techniques in emotional regulation.
- **Mindfulness-Based Stress Reduction (MBSR) Course** is a 8-session program offering deeper understanding of mindfulness foundational attitudes and practices to effectively manage stress and regulate emotions that are harmful to our health.
- **Mindfulness-Based Cognitive Therapy (MBCT) Course** is a 8-session program that integrates cognitive therapy principles with mindfulness foundational attitudes and practices to complement psychological medicine in preventing and healing anxiety and depressive symptoms.
- **Mindful Compassion Course (MCC)** is a 8-session program that deepens participants' practice by incorporating self-compassion and compassion for others.
- **Chinese Mindfulness Foundation Course (CMFC) and Chinese Mindfulness-Based Cognitive Therapy (CMBCT)** are culturally tailored courses for our Chinese-speaking community, ensuring language accessibility in mindfulness training.
- **Mindfulness for Enhanced Performance (MEP) Course** is a 4-session program that incorporates mindfulness concepts and practices to enhance emotional regulation, communication, and performance in the workplace.



# Mindfulness Retreats

Our mindfulness retreats provide immersive experiences for deeper practice. This year's retreats were led by our CEO, Adj. A/Prof. Angie Chew and the following distinguished teachers:

- Dr. Ronald Siegel: **“Living a Happier Life”** retreat recorded our highest attendance with 106 participants. Outcomes included a 42.3% increase in happiness and a 16.5% improvement in social connectedness.
- Dr. Christopher Willard **“Living & Supporting Our Family Mindfully”** attended by 33 participants. Post-retreat surveys showed a 41.9% increase in happiness and a 25.8% improvement in managing emotions under stress.
- Dr. Sara Lazar: **“Neuroscience of Happiness”** retreat at Changi Cove. Participants reported a 38.5% increase in social connectedness and a 15.4% improvement in life purpose clarity.

Each retreat allowed participants to deepen their mindfulness practice, explore the science behind these techniques, and develop skills for emotional regulation and overall well-being. Our data shows measurable improvements across well-being categories, reinforcing the value of these retreats in building resilience and managing stress.



# Mindfulness Retreat

with Dr. Ronald Siegel & A/Prof Angie Chew

**Living a Happier Life**



In October 2023, Brahm Centre welcomed Dr. Ronald Siegel from Harvard University for a transformative 5-day mindfulness retreat, held at Changi Cove, Singapore. Co-facilitated by our Mindfulness Principal A/Prof. Angie Chew, the retreat focused on "Living a Happier Life" and attracted over 100 participants eager to explore how mindfulness can reshape their approach to life's challenges. This marks a significant event, as Dr. Siegel's teachings have been renowned worldwide for helping individuals better understand anxiety and depression through mindful practices.

Dr. Siegel's approach centers on understanding fear and reframing anxiety not as something to be avoided but as a natural and manageable part of human experience. His message to "befriend anxiety" resonated deeply with attendees, providing them with insights into the powerful yet simple shifts they can make in their perceptions. Through guided mindfulness exercises, silent practice, and reflective discussions, participants learned to let go of negative thoughts, embrace silence, and experience each moment—whether pleasant or unpleasant—as an opportunity for mindfulness.

The impact of these five days extended far beyond the event. According to post-retreat surveys, participants reported lasting benefits across six domains: Emotional Health, Purpose, Social Connectedness, Character Strengths, Physical Health, and Financial Security. A notable 42.3% of participants experienced increased happiness levels, while life satisfaction improved by 21.2%. The retreat also brought a greater sense of community and connection, with participants feeling more supported and comfortable reaching out to others.



**Dr. Ronald Siegel**

## Participants Reflections

Many participants shared how the retreat transformed their outlook and deepened their mindfulness practice. Hui Yu, reflecting on her experience, noted,

**“The retreat offered me a spacious and expansive time to connect deeply with my inner world of sensation, thought, and emotion... I emerged from the retreat refreshed, rejuvenated, and more committed to witnessing my emotions with compassion and curiosity.”**

These reflections underscore the core message of Dr. Siegel’s mindfulness practice: that, with mindfulness, one can approach life with greater calm, acceptance, and inner peace.

For others, like Ke Hua, the retreat provided not only peace but also practical frameworks to face life’s stressors.

**“I feel enabled to tackle life challenges and believe that, in the end, I’ll be okay.”**

he shared, capturing the resilience Dr. Siegel’s teachings aim to inspire.

For Benjamin Tan, the retreat was a turning point that illuminated a path toward helping others:

**“Very enlightening! Made me see the light—at last. I’m grateful to have received this training of the mind,”**

he said.





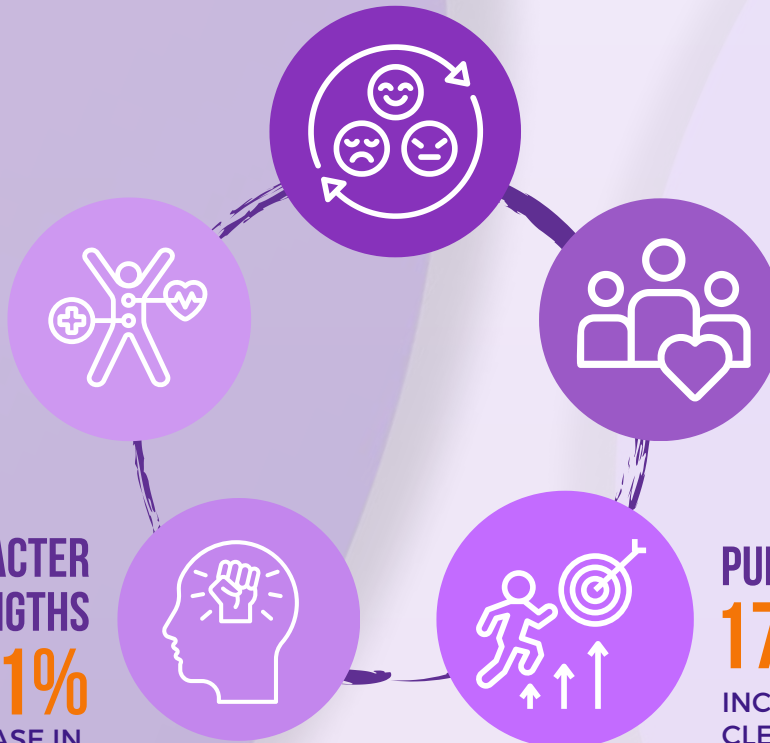
## Key Statistics

- **Emotional Health:** 42.3% increase in happiness over the last 7 days; 10.6% reduction in depression symptoms.
- **Social Connectedness:** 21.2% improvement in community connection.
- **Purpose:** 17.7% rise in participants with a clearer life purpose.
- **Character Strengths:** 21.2% improvement in knowing the right thing to do.
- **Physical Health:** 10.6% more participants expect to maintain good health long-term.

### EMOTIONAL HEALTH

**42.3%** INCREASE IN HAPPINESS  
**10.6%** DECREASE IN DEPRESSIVE SYMPTOMS

**PHYSICAL HEALTH**  
**10.6%**  
 INCREASE IN EXPECTATIONS OF MAINTAINING GOOD HEALTH



**SOCIAL CONNECTEDNESS**  
**21.2%**  
 INCREASE IN COMMUNITY CONNECTION

**CHARACTER STRENGTHS**  
**21.1%**  
 INCREASE IN KNOWING THE RIGHT THING TO DO

**PURPOSE**  
**17.7%**  
 INCREASE IN CLEARER LIFE PURPOSE

# Mindfulness Retreat

with Dr Chris Willard & A/Prof Angie Chew

## Living and Supporting Our Families Mindfully



In December 2023, Brahm Centre hosted an enriching 5-day mindfulness retreat in the serene setting of Phuket's Westin Siray Bay, led by Dr. Christopher Willard from Harvard University and our Mindfulness Principal Adj. A/Prof. Angie Chew. This immersive retreat, titled "Living and Supporting Our Families Mindfully," provided participants with practical strategies to balance family responsibilities while nurturing their own well-being.

Dr. Willard and Adj. A/Prof. Chew crafted the program to address the unique challenges faced by those caring for loved ones, whether in parenting, supporting aging parents, or juggling caregiving roles. By combining insights from mindfulness, neuroscience, and psychology, the retreat helped participants explore how stress and emotional strain can affect physical health and overall well-being, and how mindful practices can alleviate these burdens. Through a blend of individual and group mindfulness exercises, participants learned effective strategies for self-management, fostering harmonious relationships, and building resilience.

The impact of the retreat was evident in the feedback from participants, many of whom reported a shift toward a more balanced and positive outlook. Post-retreat surveys showed increases in happiness levels by 41.9% and life satisfaction by 22.6%, with participants expressing a newfound ability to manage emotions and connect deeply with family members. The retreat provided a space for them to connect with themselves and each other in meaningful ways, establishing a foundation for lasting family harmony.



**Dr. Christopher Williard**

## Participants Reflections

Participants praised the retreat for its thoughtful design and practical impact. One attendee shared,

**“This retreat taught me essential mindfulness skills, from mindful speech and listening to focusing on strengths over weaknesses. It’s an invaluable tool for navigating stressful situations with calm and clarity.”**

Brahm Centre’s ongoing commitment to hosting impactful, research-based mindfulness retreats continues to provide valuable support for individuals navigating the complexities of family and caregiving.

Another participant reflected,

**“Mindfulness is an essential life skill that should be taught to all ages to cultivate a happier mind and healthier life. I found it deeply impactful to internalize these concepts during the retreat.”**

For many, the peaceful setting in Phuket allowed a profound connection to self and nature.

**“Watching the seaview and sunsets was very therapeutic,” a participant noted. “Both Angie and Dr. Chris are exceptional teachers, and I took away many valuable tools for mindfulness practice.”**

# Key Statistics

- **Emotional Health:** 41.9% increase in happiness, 19.4% reduction in depressive symptoms.
- **Purpose:** 22.6% improvement in participants identifying their life's meaning.
- **Social Connectedness:** 25.8% increase in participants feeling a connection to their community.
- **Character Strengths:** 16.1% improvement in using personal strengths to help others.
- **Physical Health:** 29% increase in participants regularly maintaining their health through diet and exercise.

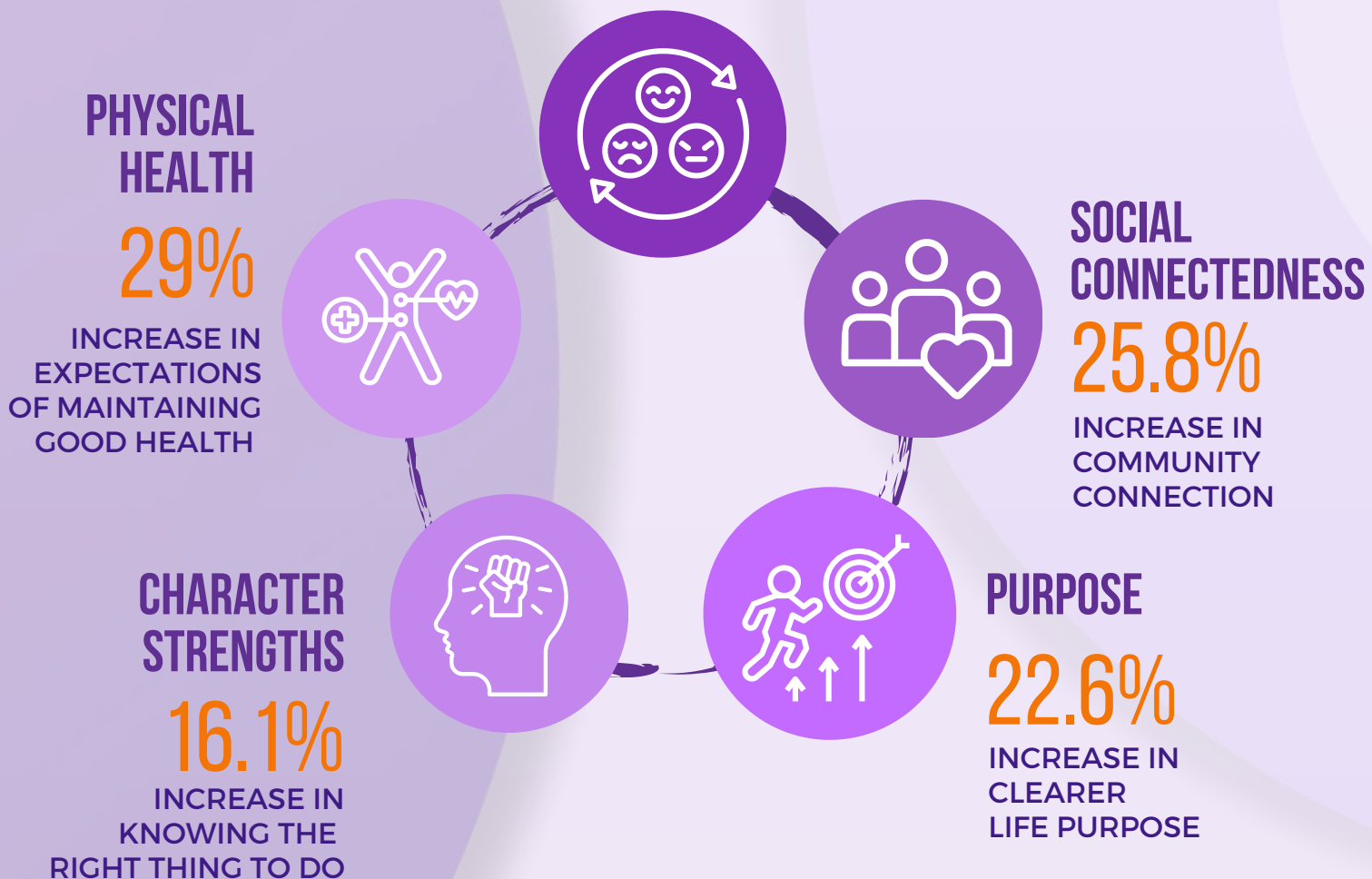
41.9%

INCREASE IN  
HAPPINESS

19.4%

DECREASE IN  
DEPRESSION SYMPTOMS

## EMOTIONAL HEALTH



### PHYSICAL HEALTH

29%

INCREASE IN  
EXPECTATIONS  
OF MAINTAINING  
GOOD HEALTH

### SOCIAL CONNECTEDNESS

25.8%

INCREASE IN  
COMMUNITY  
CONNECTION

### CHARACTER STRENGTHS

16.1%

INCREASE IN  
KNOWING THE  
RIGHT THING TO DO

### PURPOSE

22.6%

INCREASE IN  
CLEARER  
LIFE PURPOSE

# Mindfulness Retreat

with Harvard's Dr. Sara Lazar  
& Adj. A/Prof. Angie Chew

## Neuroscience of Happiness



In April 2024, Brahm Centre hosted two highly impactful mindfulness retreats led by Dr. Sara Lazar from Harvard University and Adj. A/Prof. Angie Chew, focusing on "The Science and Art of Happiness." This in-person collaboration marks Dr. Lazar's return to Brahm Centre after her successful 5-day online mindfulness course in 2021, which reached participants via Zoom during the pandemic. Her recent visits have not only deepened this engagement but have also demonstrated the enduring positive effects of mindfulness when practiced over time.

Both the 3-day and 5-day retreats were designed to help participants integrate mindfulness practices into their lives, enhancing emotional resilience, cognitive function, and overall well-being. These prolonged benefits are often attributed to the comprehensive, research-backed approach Dr. Lazar takes—one that emphasizes the transformative effects of mindfulness on the brain and well-being.

Throughout each retreat, participants engaged in carefully structured mindfulness exercises supported by scientific insights into how meditation impacts the brain. The Harvard Wellbeing Measurement Survey, used to assess participant progress, revealed improvements in emotional regulation, social connectedness, and a reinforced sense of life purpose across six key dimensions of wellness: Emotional Health, Purpose, Social Connectedness, Character Strengths, Physical Health, and Financial Security. Participants reported greater happiness, less anxiety, and a strengthened capacity to manage daily stressors.



**Dr. Sara Lazar**

## Participants Reflections

One of the unique aspects of these retreats was the lasting impact observed on participants' perspectives and habits. For example, Filomena Lok, a regular at Brahm Centre, found Dr. Lazar's presentation deeply engaging and valuable in helping her understand the neurological benefits of mindfulness.

**“She inspired me to continue my journey of learning and regularly practicing mindfulness for myself and others.”**

These testimonials align with broader survey results, which highlight the retreats' immediate and sustained benefits. Participants experienced not only reduced anxiety and increased life satisfaction but also longer-term improvements in how they approached both emotional and physical well-being. Brahm Centre's commitment to offering research-based mindfulness programs continues to positively influence the lives of participants well beyond the retreat experience.

For first-time participant Francis Dorai, the experience was transformative in reconciling mindfulness meditation with his Catholic faith.

**“Mindfulness meditation is not incompatible with my faith. I've been able to incorporate it into my prayer time, and it has made me more aware of my thoughts, feelings, and moods,”**

Francis shared. His morning mindfulness routine now serves as a daily reset, equipping him to handle life's challenges with greater equanimity.

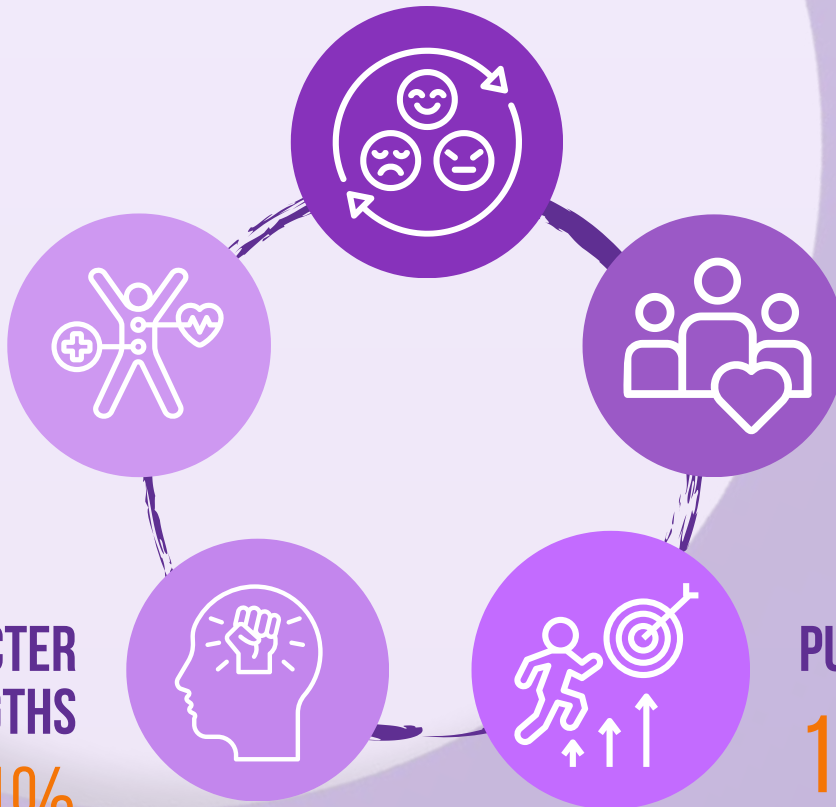
# Key Statistics

- **Emotional Health:** 38.5% increase in happiness, 23.1% reduction in depression (3-day retreat).
- **Social Connectedness:** 35.9% improvement in relationship satisfaction (5-day retreat).
- **Purpose:** 15.4% rise in participants feeling a clear sense of life purpose (3-day retreat).
- **Character Strengths:** 15.4% increase in participants feeling they always knew the right thing to do (3-day retreat).
- **Physical Health:** 20.5% more participants regularly maintain their health through diet, exercise, and healthcare (5-day retreat).

**38.5%**  
INCREASE IN  
HAPPINESS

**23.1%**  
DECREASE IN  
DEPRESSION SYMPTOMS

## EMOTIONAL HEALTH



## PHYSICAL HEALTH

**20.5%**

INCREASE IN  
EXPECTATIONS OF  
MAINTAINING  
GOOD HEALTH

## SOCIAL CONNECTEDNESS

**35.9%**

INCREASE IN  
COMMUNITY  
CONNECTION

## CHARACTER STRENGTHS

**15.4%**

INCREASE IN  
KNOWING THE  
RIGHT THING TO DO

## PURPOSE

**15.4%**

INCREASE IN  
CLEARER  
LIFE PURPOSE

# Youth Care



The Youth Care program at Brahm Centre, funded by AIC, has made significant strides in supporting youth mental wellness, skill development, and community engagement. The program offers holistic experiences for young participants, primarily aged 13-18, through a series of structured activities, camps, and outreach events, fostering creativity, leadership, and mindfulness.

The thematic camps, held during school holidays, are especially popular. In December 2023, the Youth Leadership Camp focused on self-discovery and leadership skills, culminating in a community block party that showcased teamwork and community spirit through activities like a flash mob and game booths.

In March 2024, the Self-Discovery Youth Camp emphasized artistic expression, including a DIY shoe-crafting workshop that promoted friendship and stress relief.

A Wellness Camp in June 2024, held in collaboration with Republic Polytechnic, introduced healthy habits through activities like body combat sports, journaling, and a campus-wide Amazing Race, empowering participants to adopt balanced lifestyles.





The Youth Care program also conducted extensive outreach within schools and the community, reaching 1,185 participants this year. For example, a session at Dunman Secondary School showcased arts and crafts made by seniors from Brahm Centre @ Tampines, engaging 120 students and promoting our enrichment programs. At Changkat Changi Secondary, 15 students visited the Youth Room at Brahm Centre @ Simei for after-school study and bonding activities. During Mental Wellness Week, the Youth Care team led mindfulness and wellness talks for 150 students, fostering a supportive environment for self-care and resilience.



Beyond our centres, the Youth Care program expanded its visibility through broader community events, strengthening local ties. At the groundbreaking ceremony of Eastern General Hospital, our awareness booth drew approximately 500 attendees. During the Changi-Simei Vista community event, notable figures, including Deputy Prime Minister Heng Swee Keat and MP Jessica Tan, joined the youths in interactive booths. At Tampines Health Day, the Youth Care program promoted healthy lifestyles and intergenerational connections, engaging up to 100 participants.

Looking ahead, the Youth Care program plans to introduce more family-oriented initiatives, such as Mindful Parenting workshops, to reinforce family roles in youth development. Plans to expand enrichment offerings and community partnerships are also underway to broaden program reach. Budget allocations were strategically applied across camps, outreach events, and internships, with substantial funds dedicated to facility rentals and materials for activities, supported by Brahm Centre's partnerships and donations.

Overall, the Youth Care program underscores Brahm Centre's commitment to nurturing the next generation through mindfulness, community integration, and skill-building, equipping young individuals with tools for personal growth and positive contributions to society.

# Internship Program For Youths



**73** INTERNS



**50%** INCREASE FROM PREVIOUS FY

One major achievement this year was the onboarding of 73 interns—a 46% increase from the previous fiscal year. These interns benefited from a streamlined onboarding process and gained essential skills in communication and interpersonal development through hands-on experiences under the guidance of dedicated supervisors. Many interns chose to continue volunteering after their internships, demonstrating the program’s long-term impact on personal and professional growth. This program is funded by Bank of America.

Strong partnerships with institutions such as Ng Teng Fong General Hospital, Singapore General Hospital, Tan Tock Seng Hospital, and Northlight School provided enriching internship opportunities that resulted in a 68% improvement in mental health as reflected in post-internship Kessler Psychological Distress Scale (K10) scores. Initiatives like Project Alleviate with Hwa Chong Institution engaged 92 youths in mental wellness activities, underscoring the effectiveness of collaborative approaches.

Outcomes of the Youth Care program are evident in the growth and satisfaction of its participants. Interns and camp attendees report improvements in emotional regulation, focus, and relationships, with testimonials highlighting newfound confidence, self-awareness, and empathy. Former interns, such as Charmaine and Althea, emphasize how the program enhanced their understanding of themselves and their abilities to manage relationships effectively.

# Care in the Community

The Care in the Community program at Brahm Centre, helmed by nurse clinician Josephine Tham, addresses the mental health and social well-being of diverse demographics, focusing on vulnerable populations in the community. The program includes various components such as the Community Resource and Support Team (CREST) and the Active Ageing Centres (AACs) in Simei and MacPherson. Additionally, the Community Intervention Team (COMIT) offers mental health support and counselling to individuals.



 **13,706**  
**OUTREACH**

 **284**  
**EVENTS**

 **4,385**  
**SENIOR CLIENTS**

Over the past year, the program reached significant milestones, reaching out to 13,706 individuals through 284 community events and door-to-door visits, surpassing annual targets and reinforcing mental health awareness in areas including Simei, Tampines, and MacPherson. High satisfaction rates from participants (99.4% to 100%) reflect the value of these resources. Early detection efforts integrated 47 individuals needing further mental health support into the program, while psychoeducation and emotional support were provided to 1,361 clients and caregivers, with 195 individuals successfully transitioning out after achieving mental health stability.

The AACs at Brahm Centre @ Simei and Brahm Centre @ MacPherson continued to support socially isolated seniors, engaging 19% of the assigned 2,632 residents in Simei and reaching 37% of the 1,020 assigned seniors in MacPherson. By fostering regular engagement, the AAC teams have created a supportive community, with befriending and buddy programs enhancing social connections and fostering a sense of belonging.

# Care in the Community



In November 2023, Brahm Centre hosted a dementia screening program at Brahm Centre @ Simei, where 30 seniors received assessments for early signs of cognitive decline. This initiative empowers seniors and their families to recognize cognitive impairments early, facilitating timely access to support services.

Strategic collaborations enhanced the impact on the community.

A seminar on Sarcopenia was conducted in partnership with Changi General Hospital in June 2024. It engaged 71 seniors, focusing on strategies to prevent age-related muscle decline through strength training and balanced nutrition. These events fostered health literacy and created supportive spaces for discussing aging-related concerns.

In July 2023, a talk on vascular dementia, co-hosted with the Health Promotion Board, educated 31 seniors on symptoms and prevention. The "PLAN TODAY" event, held at Tampines OTP also in July, provided guidance on Lasting Power of Attorney and Advance Care Planning, equipping community members with essential future planning tools.

# Care in the Community

## Testimonials

**“I am grateful for your service that improves the quality of our lives. Thank you for helping us with meals and bringing us to places we wouldn't have gone to on our own.”**

**“谢谢你一直以来毫无偏见地倾听我的心声。我现在比以前开心了，也不再感到沮丧。”**



Challenges exist in meeting growing service demands, requiring resourceful management to balance high case volumes with person-centred care.

Dedicating over 200 hours to training helps to ensure the team's competency with alignment with current healthcare practices and they are equipped to address the complexities of community cases.



Looking forward, Care in the Community aims to deepen community integration and enhance service delivery, with planned workshops for caregivers and family members to empower them with essential skills to support loved ones. Further outreach efforts will emphasize preventive health education, aligning with Brahm Centre's mission of fostering health-conscious communities. Plans to expand partnerships are also underway, recognizing collaboration as key to extending reach and service quality.

In summary, Care in the Community continues to be central to Brahm Centre's commitment to fostering well-being across generations. By meeting the needs of seniors and vulnerable individuals, the program strengthens community ties and supports a health-conscious society, affirming Brahm Centre's role as a trusted community partner in health and wellness.

# Counselling

The Community Intervention Team (COMIT) at Brahm Centre, led by Xin Li, plays a vital role in addressing diverse mental health needs through accessible, inclusive services. The program's open-door policy welcomes individuals from various referral sources—schools, hospitals, and self-referrals—allowing COMIT to serve clients across all age groups. These include children and teenagers who benefit from creative therapies like art and dance, as well as adults and seniors who engage in one-on-one counselling sessions.

Over the past year, the program supported 767 clients facing various mental health challenges, with 153 completing their counselling journey and being discharged. Feedback consistently highlights the program's effectiveness, with a 100% satisfaction rate. To further enhance care, case management is integrated into individual support plans, addressing external stressors that affect mental health. This year, COMIT also established 39 service linkages, connecting clients with additional resources and support networks.



**767** CLIENTS



**153** CLIENTS DISCHARGED



The impact of COMIT's counselling is reflected in personal stories of transformation. One client, shared:

**Following my husband's passing, I struggled with anxiety, self-doubt, and profound loneliness. Counselling helped me explore Hindu traditions and adopt new routines, which deepened my beliefs and led to a more fulfilling life.**

By addressing her spiritual identity and isolation, Sangaya regained balance and improved her overall well-being.



Another client described her sessions as “profoundly transformative,” adding,

**The counseling didn't impose solutions but empowered me to uncover and embrace my inner strengths. This balance of support and self-discovery was crucial in my healing.**



She emphasized how the process clarified her values, boosted her resilience, and equipped her with tools to face future challenges. These testimonials illustrate how COMIT's approach fosters resilience and self-confidence, empowering clients to navigate their lives with renewed optimism and clarity.

Despite its successes, COMIT faces challenges, including clients' hesitance to seek help or a tendency to externalize personal issues, complicating the counselling process. The team remains dedicated to providing empathetic and personalized support, using client feedback to refine service delivery.

Looking forward, COMIT aims to expand its counselling team to meet growing demand for mental health services. Opportunities to collaborate with corporations and community organizations are being explored to broaden the program's reach and enhance availability. These initiatives, alongside government grants and community donations, ensure the sustainability of COMIT's services, enabling Brahm Centre to continue meeting the community's mental health needs.





The NSA Art Courses at Brahm Centre empower seniors through creative expression, enhancing their mental well-being and social connections. Led by Chew Cheng San, the program saw remarkable growth and engagement this year, reaching seniors aged 50 to 89.

In the past year, 3,345 learning places were filled by seniors. Five new types of art courses were introduced and we signed on seven new trainers including a young 27-year-old art trainer and a highly experienced 69-year-old Tia Boon Sim to enhance the range of creative offerings.

There are many positive outcomes in the seniors taking up art courses including improved motor skills, social interaction, mental agility, emotional regulation and enhanced well-being for participants.





# Omega Program For Migrant Domestic Workers (MDWs)



**16,800**  
OUTREACH



**1,467**  
PARTICIPATION



**142**  
EVENTS & CLASSES

Launched as a pilot in mid-2023, the Omega program aimed at enhancing the well-being of the Burmese and Indian sub-continent MDWs in Singapore, has made significant progress. The program outreach has a registration of 16,800 MDWs through the Settling-In Programme (SIP) classes conducted at NTUC Learning Hub and Grace Management and Consultancy Services, and community outreach. This number far exceeded its initial target of 300.

Many festival celebrations are funded by Bank of America and supported by their staff volunteers.



Over the past year, Omega organized 100+ events and classes attended by 1,467 participants, including 335 unique individuals. These classes, covering topics like language, communication, anti-scam awareness, and personal safety, equip MDWs with practical skills for daily life. Vocational and creative classes such as sewing, cooking, and crafts, along with cultural celebrations like Deepavali and the Water Festival, foster community and alleviate homesickness. These activities offer both practical benefits and a sense of belonging crucial for MDWs' mental well-being.

Mental health support tailored to MDWs' cultural needs is another key component. This year, eight MDWs received immediate counselling, facilitated by a Burmese counsellor who also conducted workshops on emotional well-being. Participant satisfaction rates reached 100%, with attendees reporting enhanced work performance, self-confidence, and social connections that mitigate isolation. Assessments using the Harvard Wellbeing Measurement tool revealed marked improvements in mental health, with testimonials emphasizing the program's impact on resilience, personal growth, and community inclusion.



Omega plans to expand partnerships to diversify classes, increase outreach, and grow its pool of peer-support MDW volunteers. Additional goals include recruiting culturally attuned counsellors and securing funding for 2025, as grants from AIC and the Ministry of Manpower are set to conclude in late 2024.

The Omega program has demonstrated its ability to enhance MDWs' lives through skill-building, cultural integration, and mental health support. It remains committed to evolving its offerings and ensuring that MDWs have the resources they need to thrive.

# Our EVENTS



## Fund Raising Ball

The evening gathered a diverse group of attendees, including Brahm Centre's board of directors, donors, staff, and friends, notably Mr. Chan Yeng Kit, Permanent Secretary of MOH, and Ms. See Yen Theng, Chief of Community Mental Health Division at AIC.

Demonstrating her generosity, Adj. A/Prof. Angie Chew personally contributed \$20,000, bringing the total amount raised at the event to \$85,237.16.

The night was filled with music and joy, featuring instrumentals and vocal performances that captivated the audience.

The highlight of the evening was a surprise flash mob by Brahm Centre's team, who danced to the iconic tune of "Dancing Queen," quickly drawing the entire ballroom to their feet. Guests enthusiastically joined the performance, forming a conga line that energized the room and brought a lively atmosphere. As the evening progressed, a DJ spun a fantastic mix of 80s hits, drawing even more guests, including board members and VIPs, to the dance floor.

With over 200 attendees, the celebration strengthened community ties and reinforced support for Brahm Centre's mission, and the guests paid tribute to Angie's leadership and contributions that strengthened community ties and reinforced support for Brahm Centre's mission.

# Festive Celebrations

Festive celebrations at Brahm Centre are integral to fostering a sense of community, bringing together seniors, youth, and volunteers from diverse backgrounds to engage in moments of joy, reflection, and cultural exchange. The events have taken place across our branches in MacPherson, Simei, and Tampines, respectively helmed by Sharine Boey, Hannie Hay, and Navin Singam, and they have all been marked by the same spirit of togetherness and inclusivity.

## National Day



In MacPherson, the Aug 2023 National Day event brought together seniors and youth for a flag-raising ceremony, followed by skits and performances that celebrated Singapore's multicultural heritage. Seniors participated in bingo games and trivia quizzes about Singapore's history, creating an educational and enjoyable atmosphere.



Over at Simei, National Day was celebrated with a potluck featuring local dishes lovingly prepared by the seniors. This event provided an opportunity for the seniors to reflect on Singapore's journey while engaging in social activities that strengthened their sense of belonging to the nation.



In Tampines, the National Day event showcased the talents of seniors from the community through dance performances and games. The nostalgic atmosphere, complemented by local snacks, reminded participants of the shared history and achievements of the country, creating a strong sense of national pride.

# Deepavali

The festival of lights was celebrated with equal enthusiasm across the branches. At MacPherson, Deepavali in Nov 2023 brought seniors together to honor the triumph of light over darkness through cultural activities and vibrant decorations. Rangoli designs created by the seniors and volunteers adorned the entrance of the community club. Diyas and colorful fairy lights illuminated the centre, creating a warm, welcoming atmosphere. The seniors reflected on past Deepavali celebrations with their families, and the event culminated in traditional Indian dance performances, offering a nostalgic reminder of the rich cultural heritage of the festival.

In Simei, the Deepavali event had a similarly heartwarming atmosphere, with Indian clients leading the way in decorating the centre and performing traditional dances. A potluck dinner brought participants together, further fostering a sense of community. The exchange of cultural experiences helped bridge generational and cultural gaps, reminding participants of the shared values that unite us.

At Tampines, the Deepavali celebration saw 70 seniors enjoy an afternoon of traditional crafts, food, and performances. The centre was beautifully decorated with upcycled sarees, giving the space a vibrant, traditional Indian ambiance. Freshly made pratas, provided by Casuarina Curry, added to the festive spirit, with seniors relishing the live cooking station that brought the event to life. A Bharatanatyam dance performance and an interactive kolam art activity further enriched the day, allowing seniors to connect with the cultural roots of the celebration while also participating in a fun, creative experience. The event concluded with a lively dance-off, blending traditional Indian movements with modern dance, reflecting the dynamic and inclusive nature of the celebrations at Brahm Centre.



# Christmas



At MacPherson, the Christmas event in Dec 2023 was a time for reflection and joy. The centre was filled with the sounds of Christmas carols, and seniors gathered to share a meal, exchange stories, and enjoy the festive atmosphere.

Simei's Christmas Wishing Tree event focused on the theme of "Paying It Forward." A beautifully decorated tree adorned the centre, with wish tags from 40 local families. Community members eagerly fulfilled these wishes, creating a heartfelt moment of connection between donors and recipients. The event, which also included a potluck, highlighted the spirit of giving, reminding all participants of the importance of kindness and generosity during the holiday season.



At Tampines, the Christmas Block Party was a major community event graced by Member of Parliament, Mr Baey Yam Keng. It brought together over 380 participants from different generations. The afternoon was filled with performances, workshops, and games, creating an atmosphere of fun and family bonding. Attendees enjoyed activities ranging from art jamming to giant board games, while also sampling a variety of street food. The involvement of local small businesses and community partners ensured that the event was not just a celebration of Christmas but also an opportunity to strengthen community ties and support local enterprises. The event also featured performances by the Lions Befrienders' percussion group, further adding to the festive cheer. The spirit of Christmas extended beyond the day itself, with participants receiving vouchers to local businesses, encouraging continued engagement with the community.





# Chinese New Year

Chinese New Year is one of the most highly anticipated events at all three locations. At our MacPherson branch, the 2024 Chinese New Year celebration saw seniors and youth come together in a lively gathering at the MacPherson Community Club. With over 100 seniors and 38 youth attending, the event was a celebration of not only the Lunar New Year but also the power of intergenerational interaction. The venue was adorned with traditional red and gold decorations, symbolizing prosperity and good fortune. Seniors participated in activities ranging from festive songs and games to traditional performances, while also enjoying a banquet of home-cooked dishes that brought back fond memories of family gatherings. The event culminated in a group sing-along of classic Chinese New Year songs, filling the hall with warmth and laughter.

The spirit of the Lunar New Year began at Simei with a lantern craft session in early February 2024, where 20 seniors gathered to create vibrant paper lanterns. Guided by volunteers, they enjoyed the creative process and bonded over crafting intricate designs that symbolized hope and guidance for the year ahead. These colorful lanterns were proudly displayed throughout the centre, setting a festive tone.



The celebrations culminated in an intimate, communal Chinese New Year potluck. Ninety-six seniors came together to share home-cooked meals, enjoying a lively atmosphere filled with singing, dancing, and storytelling. A special highlight was the presence of Simei MP Jessica Tan, who joined the seniors, listening to their stories and sharing in the festive joy.

# Retro Carnival

The Retro Agogo Carnival, held on 29 June 2024 at the MacPherson Community Club, brought a wave of nostalgia and vibrant energy to the local community. This event, organized by Brahm Centre in collaboration with the MacPherson People's Association and Senior Citizens' Executive Committee, showcased the power of community spirit through a series of engaging activities and performances.

The event was inaugurated by MacPherson MP Tin Pei Ling, who emphasized the importance of community programs that enhance well-being. Mr. Noel Cheah, Deputy CEO of AIC, was also present, commending Brahm Centre's efforts in supporting the local community.

Over 350 seniors attended a variety of performances that resonated with attendees, such as line dances by Brahm Centre's senior members, a harmonica performance by Eddy Ooi, and a captivating face-changing act by Yang Yubei. The Move Shake Chill group and Xin Zhi Yun Art Troupe added to the excitement with traditional dance routines, providing a rich cultural experience for all. Alongside these performances, Retro Agogo offered 14 game booths and three engagement booths led by the Silver Generation Office, SG Digital Office, and Kampung Senang, each contributing to a diverse and interactive day.

Corporate volunteers from Apple and Bank of America contributed significantly, managing game booths and helping facilitate the event. Ms. Jessica Khoo, representing Bank of America, noted the rewarding experience of supporting the community through hands-on involvement. Retro Agogo underscored Brahm Centre's commitment to fostering mental well-being and inclusivity, making special accommodations for attendees with mobility challenges and ensuring a welcoming environment for everyone.





# Excursions

Excursions at Brahm Centre provide enriching experiences for seniors, offering them the chance to explore new environments, connect socially, and engage in intergenerational bonding. These outings combine recreation with learning and cultural immersion, creating valuable memories and fostering a sense of community among participants.

In July 2023, Brahm Centre @ Simei, in collaboration with DBS Bank, organized a supermarket outing for 18 seniors, where they learned about cybersecurity and healthy shopping. This practical trip aimed to enhance digital literacy and promote healthier eating choices. And in October 2023, 26 seniors from Brahm Centre @ Simei traveled to Malacca, Malaysia. They explored historical sites like A Famosa and St. Paul's Hill, gaining insights into the city's rich heritage, while sampling local cuisine, including Nyonya Laksa and Chicken Rice Balls. This trip offered an engaging blend of history, culture, and culinary enjoyment.

March 2024 saw two major outings. Brahm Centre @ Simei organized a cable car ride to Sentosa, where 43 seniors enjoyed panoramic views and a shared lunch. The following day, Brahm Centre @ MacPherson hosted an excursion to Gardens by the Bay, with 40 seniors accompanied by volunteers from Bank of America. For many participants, this was a first-time experience of the gardens, fostering companionship and shared enjoyment in a beautiful setting.

In May 2024, 22 seniors embarked on a four-day trip to Penang, Malaysia, organized by Brahm Centre @ Simei. They explored iconic sites like Penang Hill and local temples, immersing themselves in the region's cultural diversity and culinary offerings. This trip fostered camaraderie among participants and provided a fulfilling travel experience.



# Excursions

Brahm Centre @ MacPherson held an intergenerational excursion in June 2024 to Fort Canning Park, bringing together 20 seniors and 30 preschoolers from Skool4Kidz. Seniors shared their stories and experiences with the young children, fostering mutual respect and creating bonds across generations. That same month, Brahm Centre @ Simei, in collaboration with Standard Chartered Bank, took 39 seniors to Gardens by the Bay. Seniors participated in a photography workshop led by Standard Chartered staff, learning to capture nature's beauty while building connections with their volunteer companions.

Whether through local outings or overseas trips, these experiences reinforce values of community, learning, and appreciation for cultural heritage, ensuring seniors remain active, engaged, and supported in their journeys.

# Gender-Specific Events

At Brahm Centre, we recognize the value of creating safe, open spaces where men and women can discuss topics that are unique to their experiences. This year, we held several successful events that catered specifically to men and women, providing them with opportunities to address personal and societal challenges in a supportive environment. These events have proven to be effective platforms for participants to engage in meaningful conversations about mental health, relationships, and personal growth.

## Man-to-Man Dialogue

A "Man-to-Man Dialogue" was held at Brahm Centre @ Simei in January 2024. This event focused on empowering men, particularly seniors, to openly discuss issues related to mental health, aging, and well-being. The dialogue addressed topics that are often difficult for men to approach, such as the connection between mental and physical health, sleep hygiene, and the stigma surrounding seeking help for mental health concerns. Led by Adjunct A/Prof. Professor Lee Cheng, a senior consultant psychiatrist at the Institute of Mental Health (IMH), the session encouraged participants to reflect on the importance of maintaining both mental and physical well-being as they age. Discussions also covered practical advice on managing mental health, with an emphasis on creating a positive mindset and engaging in regular physical exercise. With approximately 70 men in attendance, the event highlighted the significance of fostering open conversations about health and well-being among men, particularly in later stages of life. Participants were able to explore how mental health affects their daily lives, including their sleep and relationships, and they were reassured that seeking help is not a sign of weakness but a critical step in maintaining overall health.

He discussed how societal expectations and hormonal changes can impact mental health and relationships, particularly within the context of marriage. The workshop provided practical strategies for improving communication, resolving conflicts, and fostering healthier relationships. Participants were encouraged to take a proactive approach to their mental well-being, with mindfulness and stress reduction techniques being key components of the discussion. The event concluded with a Q&A session where participants posed questions about handling complex marital issues and maintaining emotional intimacy. The workshop was a powerful reminder of the need for men to prioritize their mental health and to be open to seeking support when necessary.



## Men Only Workshop

In June 2024, a larger Men's Only Workshop was held, drawing 100 participants. This event delved deeper into the mental health challenges men face, particularly in their marriages and relationships. Adj. A/Prof. Lee Cheng once again emphasized the importance of understanding the emotional and psychological struggles that men often suppress.

# Women Only Workshop



For women, Brahm Centre hosted an International Women's Day Seminar in March 2024, which provided an exclusive platform for women to share and discuss topics that matter most to them. The event focused on the unique challenges women face in balancing career and family, responding to relationship dynamics, and navigating the complexities of education for their children. Dr. Faith Chia shared valuable insights on managing stress and finding balance between professional and personal responsibilities, offering practical tips for women who often find themselves juggling multiple roles. Hsueh Ya Wen, our Head of Youth Care and a former educator, discussed the pressures that teachers face when dealing with demanding parents, shedding light on the behind-the-scenes struggles of the education system. The seminar provided a space for women to connect, laugh, and explore solutions to challenges that they encounter in their daily lives.

The men's only and women's only events at Brahm Centre have had a profound impact, providing participants with a comfortable, gender-specific space to discuss mental health and relationships openly. Many appreciated the chance to connect with others facing similar struggles and valued the practical advice from speakers on topics like managing stress and nurturing healthy relationships. These targeted events have fostered a supportive culture, enabling participants to gain useful tools for personal well-being and expressing a strong interest in more such opportunities in the future. Feedback has been overwhelmingly positive, highlighting the effectiveness of programs tailored to the unique needs of men and women.

As we look ahead, Brahm Centre is committed to continuing these important conversations through future men's and women's events. We aim to expand the reach of these programs, ensuring that even more individuals can benefit from the insights and support they provide. The need for gender-specific discussions on mental health and well-being remains critical, and Brahm Centre is proud to be at the forefront of these initiatives.

# Summary of Financial Statement

	FY23/24	FY22/23
<b>Charitable Activities</b>		
Income from Courses	754,178	554,820
Income from Services & Merchandise	205,606	134,002
	<u>959,784</u>	<u>688,822</u>
<b>Less</b>		
Expenses related to Charitable Activities	(5,297,603)	(4,614,860)
Expenses related to Fundraising Activities	(17,580)	(37,190)
Expenses related to Governance Activities	(333,213)	(257,829)
	<u>(5,648,396)</u>	<u>(4,909,879)</u>
<b>Funded by</b>		
Donations	396,223	657,251
Other Income	87,130	103,838
	<u>483,353</u>	<u>761,089</u>
<b>Deficit from Operations</b>	<b>(4,205,259)</b>	<b>(3,459,968)</b>
<b>Income from Government &amp; Non-Government Grants</b>		
Grants	4,150,069	4,048,206
Matching Grants	969,162	555,622
	<u>5,119,231</u>	<u>4,603,828</u>
<b>Surplus from Operations before Investment</b>	<b>913,972</b>	<b>1,143,860</b>
Interest Income	324,699	146,837
	<u>1,238,671</u>	<u>1,290,697</u>
<b>Surplus from Operations</b>	<b>1,238,671</b>	<b>1,290,697</b>

Surplus was largely due to donations for specific programs received in previous years, being recognised as income in this FY. Some funds will be spent on centre renovations and new programs.

Auditor: Fiducia LLP  
Audit completed on 6 December 2024

# Declarations

## Remuneration

### **Board members are not remunerated**

The annual remuneration of staff earning more than S\$100,000 were as follows

Remuneration bands	No. of staff	
	2024	2023
Between S\$100,000 and S\$200,000	5	3
Between S\$200,000 and S\$300,000	0	1

The CEO was paid an annual remuneration of S\$187,063.

No paid staff are close family members of the Executive Head or Board members, nor did any such staff receive remuneration exceeding S\$50,000 during the year.

### **In FY2023/2024, the following directors and CEO donated to Brahm Centre :**

A/Prof Angie Chew	S\$20,000
Ms Chen Yew Nah	S\$6,000
Dr Phua Dong Haur	S\$3,400
Dr Irene Tirtajana	S\$3,000
Dr Jerome Goh	S\$2,200
Mrs Tan-Huang Shuo Mei	S\$1,000
Mr Chong Nai Min (retired 5/7/24)	S\$457.62



# Board Meeting Attendance Record

Name of Board Member	Designation	29 Nov 2023	21 Jun 2024
Ms Chen Yew Nah	Chairperson HR Committee Member Finance & Audit Committee Member		
Dr Jerome Goh	Vice Chairperson HR Committee Member		
Mrs Tan-Huang Shuo Mei	Chairperson of HR Committee Finance Committee Member		
Mr Chong Nai Min	Chairperson of Audit & Risk Committee		
Ms Luar Ling Ling	Treasurer until 1 Apr 2024. Finance Committee Member HR Committee Member		
Mr Dileep Nair	Joined Board & Appointed Treasurer & Chairperson of Finance Committee from 2 Apr 2024		
Dr Lee Cheng Chuan	Retired on 27 Dec 2023		Retired
Dr Phua Dong Haur			
Dr Tan Geok Leng (new from 29 Nov 2023)	Joined 29 Nov 2023 Chairperson of Audit & Risk Committee		
Dr Irene Tirtajana			
Ms Yap Su-Yin (new from 3 Jul 2023)	Finance Committee Member		

# Board Composition (as of end-Jun 2024)

Ms Chen Yew Nah	Chairperson	In Service. Retiring March 2025 upon completing 10 years of service
Dr Jerome Goh	Vice Chairperson	In Service
Mrs Tan-Huang Shuo Mei	Chairperson of HR Committee	In Service
Mr Chong Nai Min	Chairperson of Audit & Risk Committee	Retiring 5 Jul 2024 upon completing 10 years of service
Dr Lee Cheng Chuan	Chairperson of HR Committee	Retired on 27 Dec 2023 after serving 10 years
Ms Luar Ling Ling	Treasurer until 1 Apr 2024 due to year limit.	In Service
Mr Dileep Nair	Treasurer & Chairperson of Finance Committee	Appointed Treasurer since 2 Apr 2024
Dr Tan Geok Leng	Director Member of Audit & Risk Committee	Joined 29 Nov 2023
Dr Phua Dong Haur	Director	In Service
Dr Irene Tirtajana	Director	In Service
Ms Yap Su-Yin	Director Member of Finance Committee	Joined 3 Jul 2023